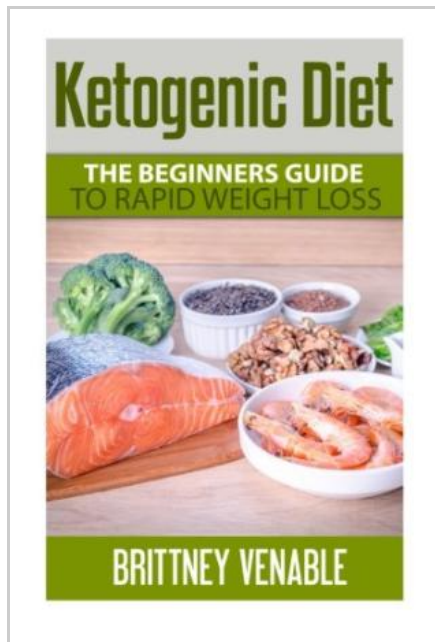




## Ketogenic Diet: The Beginners Guide to Rapid Weight Loss (Paperback)

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By Brittney Venable

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Lose weight fast! Recipes and 14-day meal plan included in book! Your purchase also comes with a free meal prep product guide! Are you ready to try a diet where you will lose weight fast, have more energy, and still eat the foods you love? Then take action now and download Ketogenic Diet: The Beginners Guide to Rapid Weight Loss today! Ketogenic Diet is the perfect guide with proven steps to helping you lose weight quickly and in a safe manner. With the 14-day meal plan and recipes provided, you will achieve weight loss in the first two weeks. DOWNLOAD NOW To Read This Book For FREE On Kindle Unlimited! Inside this book you will learn: #9733 Exactly what the Ketogenic Diet is and how it works. #9733 The benefits of the diet. #9733 What you can and cannot eat. #9733 A quick reference keto food pyramid. #9733 Common mistakes to avoid while on the diet. #9733 Recipes for breakfast, lunch, dinner, snacks, desserts and beverages. #9733 A 14-day meal plan to get you started, including tips for...



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